

# CPAx SCORING GRID

| Aspect of physicality  | Level 0   | Level 1   | Level 2  | Level 3   | Level 4  | Level 5  |
|--|---|---|--|---|--|--|
| Respiratory function   | Complete ventilator dependence. Mandatory breaths only. May be fully sedated/ paralysed | Ventilator dependence. Mandatory breaths with some spontaneous effort   | Spontaneously breathing with continuous invasive or non-invasive ventilatory support         | Spontaneously breathing with intermittent invasive or non-invasive ventilatory support or continuous high flow oxygen (>15 l) | Receiving standard oxygen therapy (<15 l)  | Self-ventilating with no oxygen therapy  |
| Cough  | Absent cough, may be fully sedated or paralysed   | Cough stimulated on deep suctioning only                                | Weak ineffective voluntary cough, unable to clear independently (e.g. requires deep suction) | Weak, partially effective voluntary cough, sometimes able to clear secretions (e.g. requires Yankauer suctioning)             | Effective cough, clearing secretions with airways clearance techniques                                   | Consistent effective voluntary cough, clearing secretions independently                                |
| Moving within the bed (e.g. rolling)   | Unable, maybe fully sedated/ paralysed  | Initiates movement. Requires assistance of two or more people (maximal) | Initiates movement. Requires assistance of at least one person (moderate)                    | Initiates movement. Requires assistance of one person (minimal)   | Independent in ≥3 seconds  | Independent in <3 seconds  |
| Supine to sitting on the edge of the bed                                       | Dynamic Unstable/unstable   | Initiates movement. Requires assistance of two or more people (maximal) | Initiates movement. Requires assistance of at least one person (moderate)                    | Initiates movement. Requires assistance of one person (minimal)   | Independent in ≥3 seconds  | Independent in <3 seconds  |
| Dynamic sitting (i.e. when sitting on the edge of the bed/unsupported sitting) | Unable/unstable   | Requires assistance of two or more people (maximal)                     | Requires assistance of at least one person (moderate)  | Requires assistance of one person (minimal)   | Independent with some dynamic sitting balance (i.e. able to alter trunk position within base of support) | Independent with full dynamic sitting balance (i.e. able to reach out of base of support)              |
| Standing balance   | Unable/unstable/bound   | Tilt table or similar   | Standing hoist or similar  | Dependant on frame, crutches or similar   | Independent without aids   | Independent without aids and full dynamic standing balance (i.e. able to reach out of base of support) |
| Sit to stand (starting position: ≤ 90° hip flexion)                            | Unable/unstable   | Sit to stand with maximal assistance (standing hoist or similar)        | Sit to stand with moderate assistance (e.g. one or two people)                               | Sit to stand with minimal assistance (e.g. one person)  | Sit to stand independently pushing through arms of the chair   | Sit to stand independently without upper limb involvement.   |
| Transferring from bed to chair   | Unable/unstable   | Full hoist  | Standing hoist or similar  | Pivot transfer (no stepping) with mobility aid or physical assistance   | Stand and step transfer with mobility aid or physical assistance   | Independent transfer without equipment   |
| Stepping   | Unable/unstable   | Using a standing hoist or similar                                       | Using mobility aids and assistance of at least one person (moderate)                         | Using mobility aid and assistance of one person (minimal)   | Using mobility aid or assistance of one person (minimal)   | Independent without aid  |
| Grip strength (predicted mean for age and gender on the strongest hand)        | Unable to assess  | <20%  | <40%   | <60%  | <80%   | ≥80%   |